



**21st Theater Sustainment Command**  
**16th Sustainment Brigade**  
**18th Combat Sustainment Support Battalion**  
**Public Affairs Office**  
USAG Grafenwoehr, Germany  
DSN 475-4197  
Commercial from U.S.: 011-49-964-183-4197

## **Soldier 360 courses available to Soldiers, spouses in Graf**

By Capt. Jennifer Dyrz  
18th CSSB Public Affairs Officer

GRAFENWOEHR, Germany – A complementary program is being offered in the Grafenwoehr military community that not only provides Soldiers the opportunity to take the leadership and wellness courses with their spouses, but encourages it.

Soldier 360 has been available to Soldiers and their family members here since March and gives them the tools to deal with themselves, their spouses, their children and their fellow Soldiers.

“Everyone in the Army has some sort of problem, and we are all wounded in one way or another. This gap was identified, and we talked about the best way to address it,” said Col. Mary Lopez, a Washington native who works at Bavaria Medical Department Activity and teaches Soldier 360 classes.

“Soldier 360 decided to focus on the noncommissioned officer first. They are the first line leaders, and healthy leaders are more effective. We also wanted to give them tools to take back to the units,” said Lopez.

The tools are both familiar and unfamiliar to the Army classroom setting. With a motto of try everything once, the course took many of the assets already available to the Army family and brought them into one place. There are classes from substance abuse to financial counseling and

how to work with Military and Family Life Consultant Program counselors. Soldiers are also introduced to wellness through yoga, Thai Chi and acupuncture.

“It was great to have my wife Heather there,” said Sgt. Edwin Ramos, a mechanic and squad leader with the 18<sup>th</sup> Combat Sustainment Support Battalion’s 1<sup>st</sup> ICTC. “It was weird at first, because it’s not common to have your wife in a military class. This helped her get a more in-depth window into the Soldier thought process.”

The Soldier 360 course is specifically designed with families in mind. The Soldier’s portion of the course is two weeks, but during the second week the spouses join their Soldiers. Childcare is also provided, giving the couple the ability to completely focus on each other and the training.

“I thought this was great from the start,” said Heather Ramos, a native of Tacoma, Wash., who is interning with the Soldier 360 program. “The focus is about knowing yourself and how to take care of yourself. Incorporating spouses helped to address that Army work and personal life go hand in hand. It’s not one sided, Army and family life influence each other. I would tell every spouse to take the time and make the effort to use the techniques from the classes and apply what works for you, because something will work for you.”

Due to the positive feedback from Soldiers and their families, the Soldier 360 program is looking at ways to expand its program throughout the European footprint and creating another Soldier 360 program specifically designed for officers.

CUTLINES:



A Soldier performs a high-kick while taking part in the karate portion of training during the Soldier 360 program Sept. 13. Soldier 360 is a complementary program being offered in the Grafenwoehr military community. (U.S. Army courtesy photo)



Soldiers and spouses take part in a yoga class during a portion of the Soldier 360 program March 16. Soldier 360 is a complementary program being offered in the Grafenwoehr military community. (U.S. Army courtesy photo)